新連載！

第1話「ヒメと袋麺」

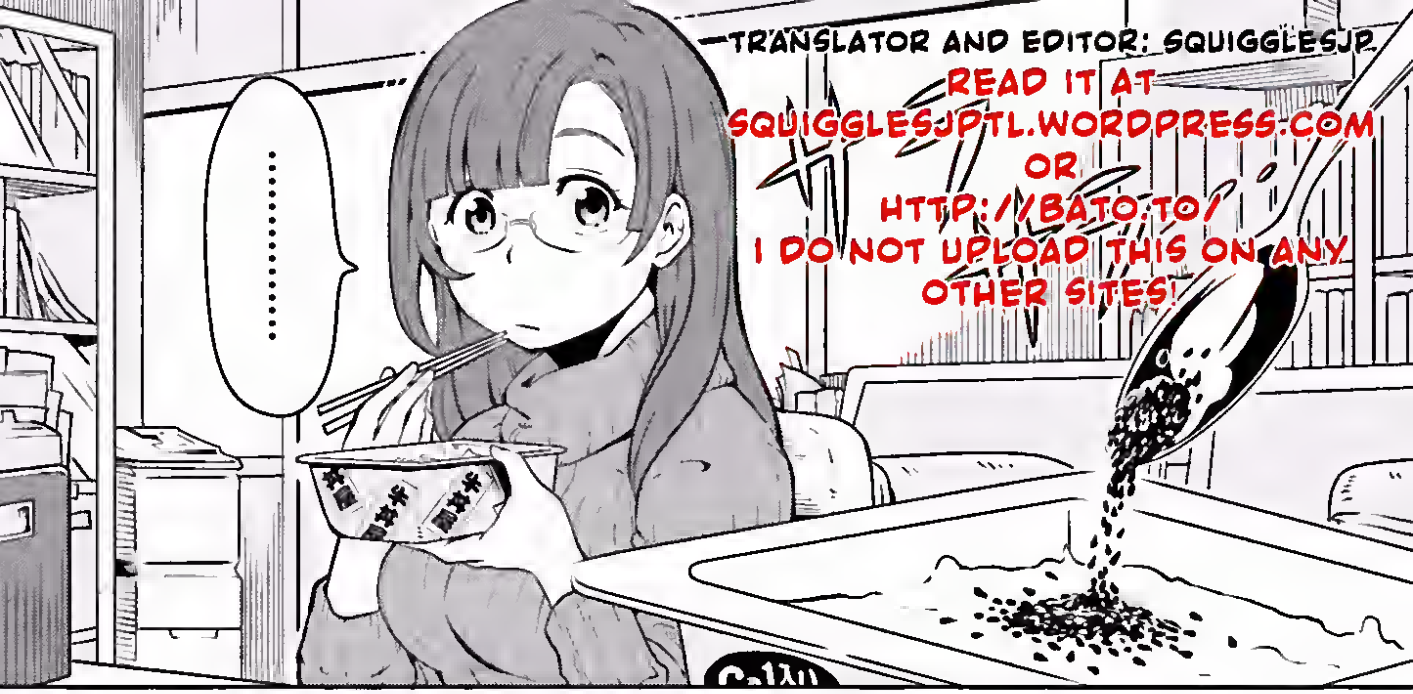
ヒメの惰飯（だめし）

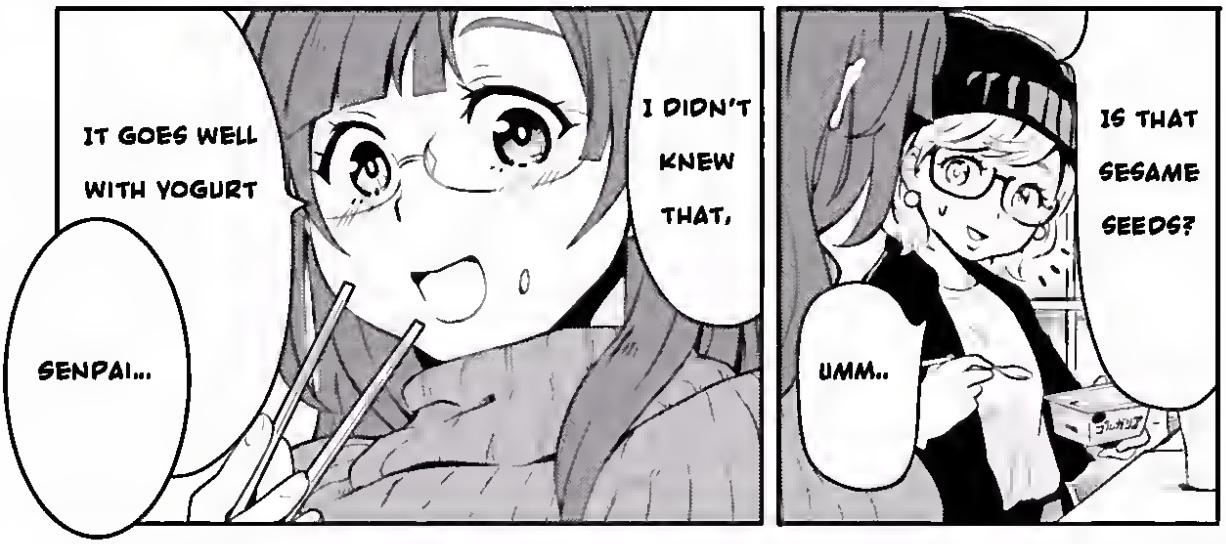
怠惰でダメダメな日々だけど
ご飯の時間だけは幸せ
【意識低い系】な彼女の食卓

召し上がれ

二階堂幸（にかいどうこう）

TRANSLATOR AND EDITOR: SQUIGGLESJP
READ IT AT
SQUIGGLESJPTL.WORDPRESS.COM
OR
HTTP://BATO.TO/
I DO NOT UPLOAD THIS ON ANY
OTHER SITES!





※この漫画はフィクションです。実在の人物・団体・事件などには一切関係ありません。

じぃ…
AH, CHIA SEED, RIGHT.
I KNOW OF IT! RECENTLY IT'S QUITE POPULAR, RIGHT
IT'S NOT A PLACE. THESE ARE GOOD FOR YOUR HEALTH AND BEAUTY
I THINK IT WAS 2 YEARS AGO?
かっかっ
THAT IT RECEIVED POPULARITY AND IT WAS CALLED A SUPER FOOD
SO THAT'S WHAT IT IS
RECENTLY I'VE BEEN ADDING IT TO THE FRUIT WATER AND DRINK THEM
I WAS THINKING I NEED TO BECOME MORE PRETTY YOU KNOW
..I SEE...
カツ
I'LL BE HEADING OFF THEN
THANKS FOR YOUR HARD WORK TODAY
SEE YOU LATER---
SEE YA---

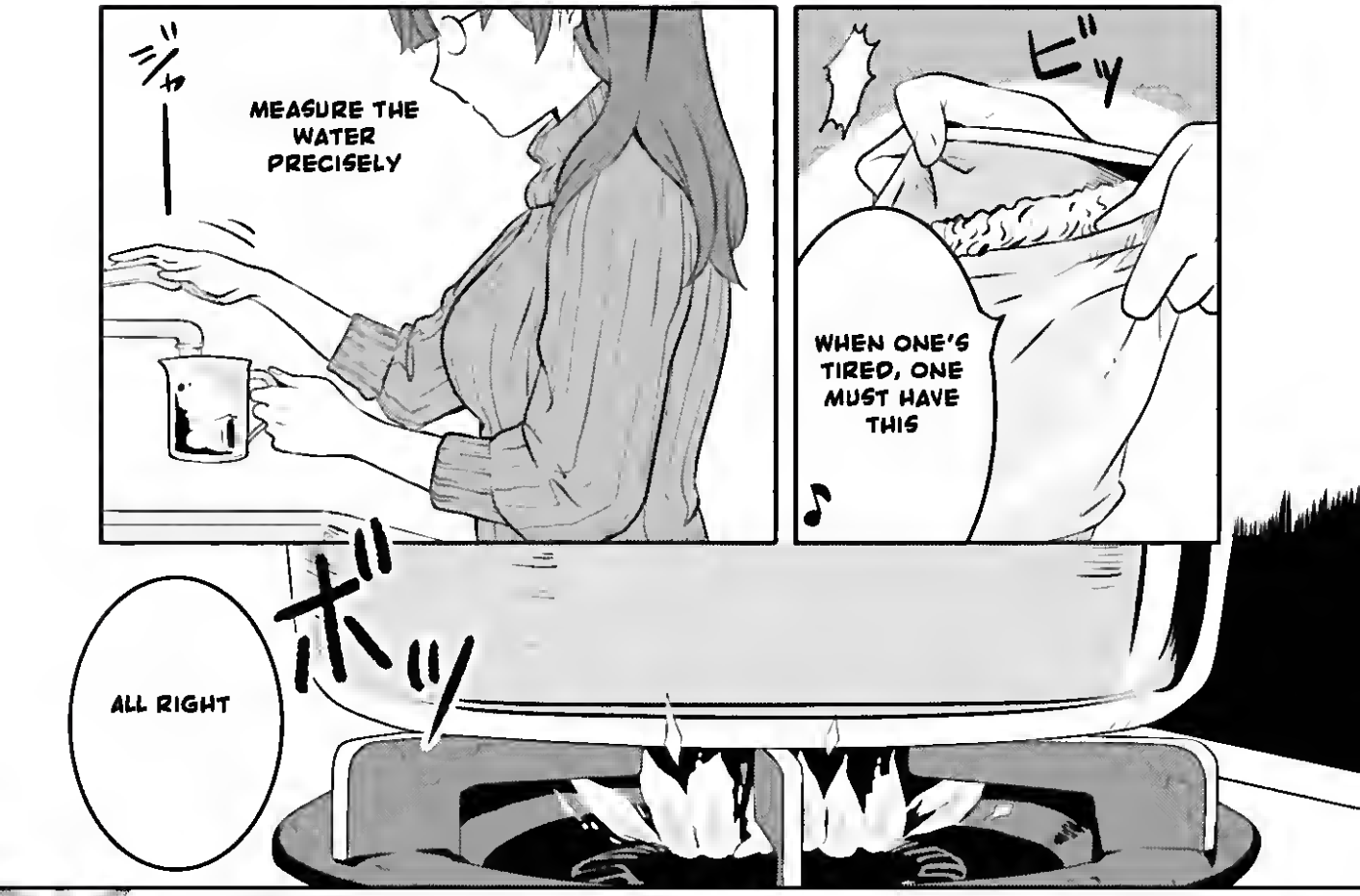
すっー…
開閉ガッ
カッ
カッ
カッ
GRRRR~~~~~~~~~~~
WHAT'RE CHIA SEEDS~~~~~~~~!!!!
OL [OFFICE LADY]
HIMEKAWA MOTOKO
[27]

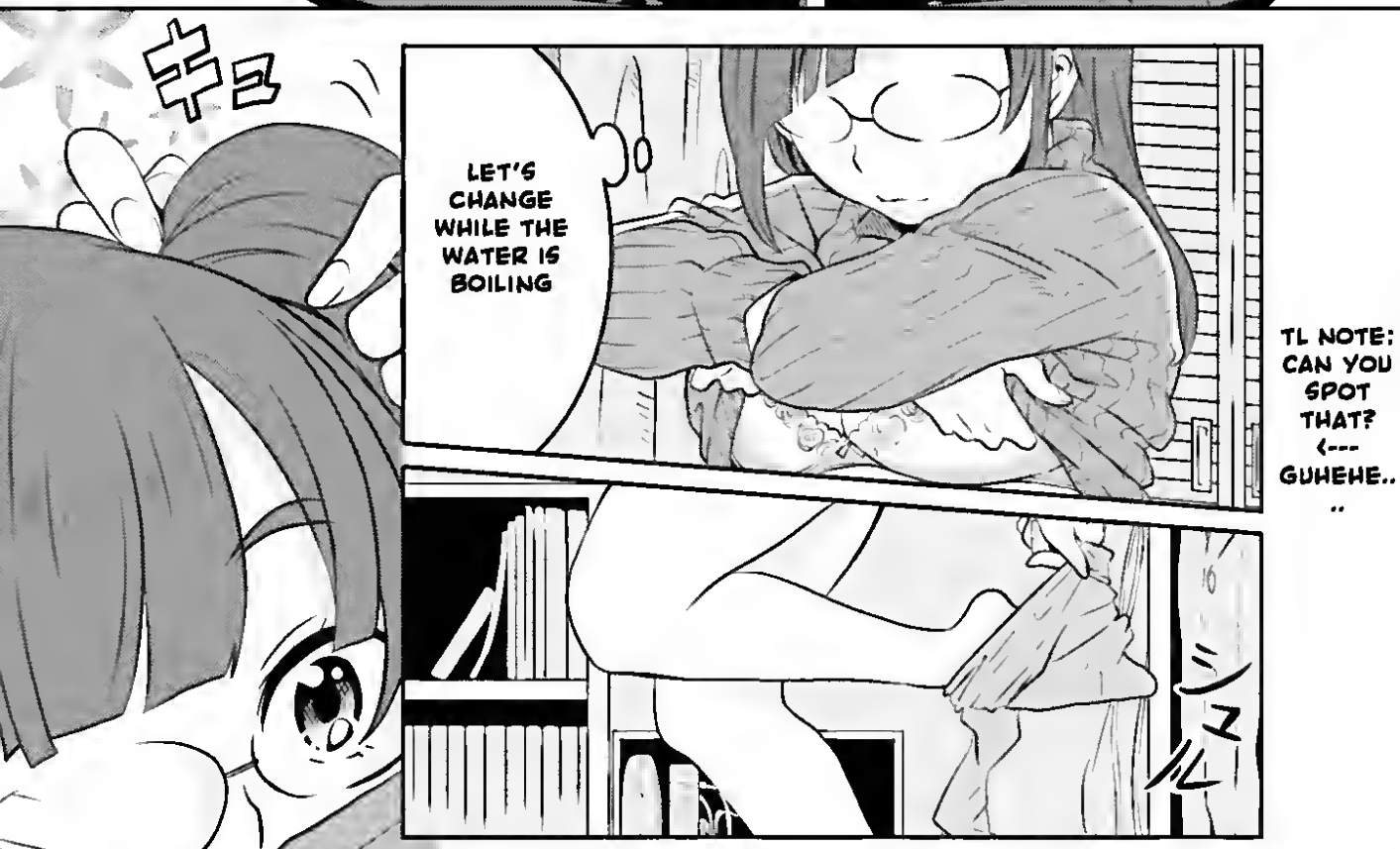
WHILE WEARING THAT STUPID DAMN HUGE SPECTACLES TOO
EACH AND EVERYDAY SHE KEEPS ON EATING SALAD IN HER LUNCH
WHO ALWAYS UPLOAD PHOTOS OF THEIR FRENCH BULLDOG ON INSTAグの写メを
ない…
THOSE KINDA PEOPLE ARE THOSE KIND っと…
THE DOG IS CUTE THOUGH
EVERYONE AROUND HER ARE LIKE SO 'MODERN' ?) 系ばっか…
んな
IT'S GOOD THAT SHE MANAGE TO ENTER A DESIGN COMPANY 仕 WHILE STUDYING BUT
ON HER DAY OFF SHE PROBABLY GOES TO THOSE SCAMMNG SEMINAR
WHAT IS THE MEANING OF WORK?
AFTER DRINKING A CAN COFFEE SHE'D BE LIKE POSTING ON HER SOCIAL SITES. AND STUFFS LIKE THAT
COINCIDENT ALLY BUMPING INTO A FRESH COMPANY PRESIDENT AND TAG HERSELF WITH THE PHOTO THEY TOOK
BUSS

WHEN I ASK HER SOMETHING I DON'T KNOW SHE'D ……?
SHE EVEN USE ENGLISH WORDS TO BOOT たがるし
COMMTMENT
ASSIGN
RESOURCE
TAX
AGENDA
SHE'D BE LOOKING DOWN ON US WHILE TRYING TO DISH OUT IDEAS IN MEETINGS アップを
WHY DON'T YOU TRY TO STUDY HARDER?
SENPAI...
BITCH
DON'T THINK YOU'RE SO SMART JUST BECAUSE YOU USE ENGLISH WORDS!!!

I'M HUNGRY...
WHAT SHALL I MAKE TODAY...
キョロ
キョロ
ピタッ
THEY'RE SELLING... CHIA SEEDS
チアシード
LIKE IT'S SOMETHING NORMAL
る……!!
チアノード
EXCUSE ME
SORRY...
じわ…
EVEN THAT OLD LADY IS BUYING CHIA SEED...
OH WELL... LET'S DO OUR STUFFS HERE AND HEAD HOME...
ゾ

I'M HOME~
SIGH--- WHAT A DAY
TO BRIGHTEN UP MY DAY TODAY ONE DEFINITELY NEEDS...
AHH, SO TIRED~~
SAPPOXX'S NUMBER 1
サッポ〇番
みそラーメン
MISO RAMEN~~~~~~~~
♪





TL NOTE: CAN YOU SPOT THAT? <--- GUHEHE...

WHEW~ ~~~~~
TWINTAIL AND JERSEY
AHH, IT MAKES ME FEEL RELAX WHEN I HAVE MY JERSEY ON
IT BRINGS BACK MEMORIES DURING THE OTASA PERIOD...
AHH, THE WATER'S BOILING
PUT IN THE NOODLES
PUT IN THE HOGUSHIMIZU~~
OH YEAH, I NEED TO PUT IN THE POWDERED BROTH
A POT STAND ...
AH, I DON'T HAVE ONE
A TOWEL WOULD DO I GUESS ☆

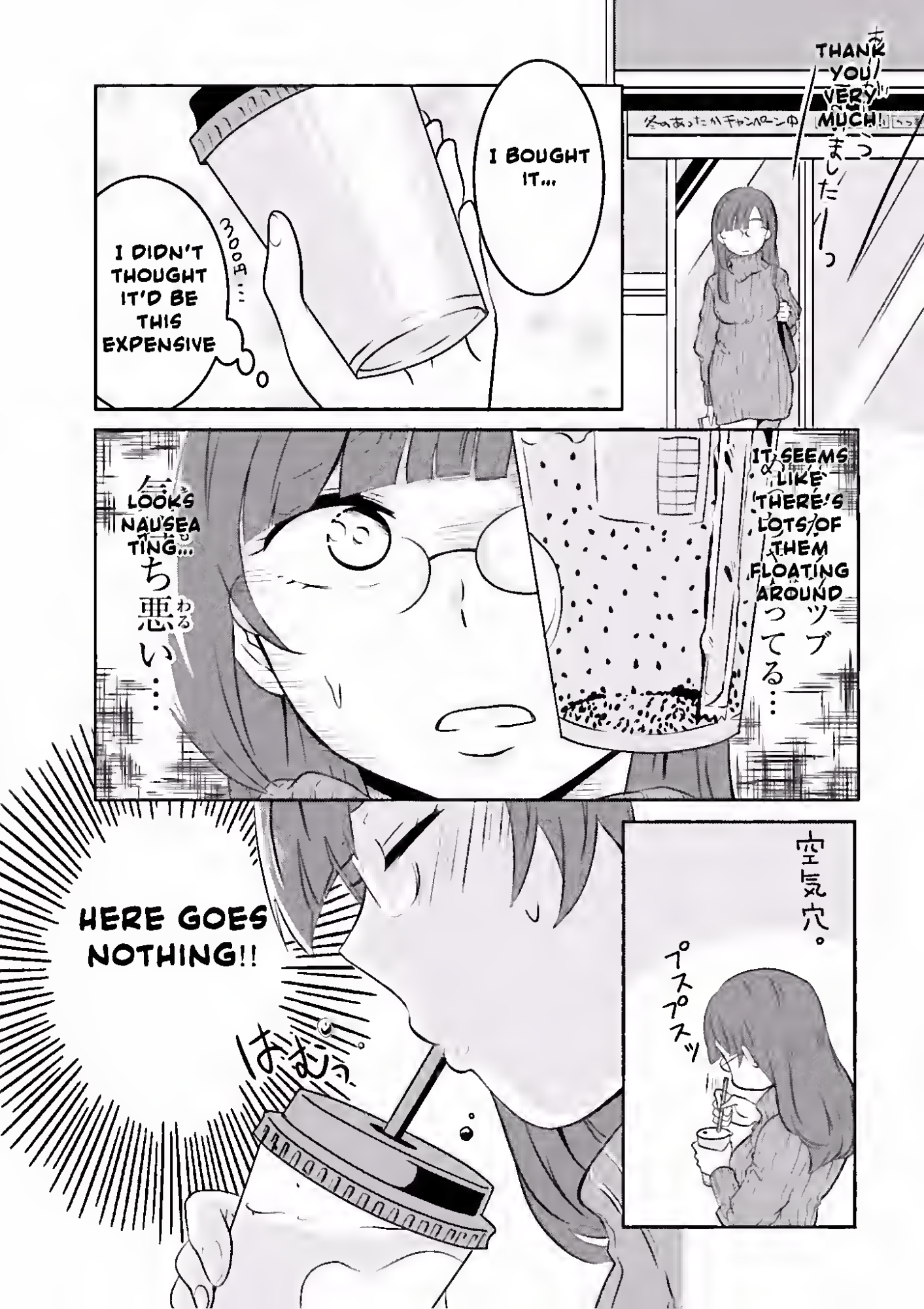
ほか
ほか
AND IT'S DONE~
SAPPO NUMBER 1 (PLAIN FLAVOUR) MISO!
はふっ
THANKS FOR THE FOOD!!
はぁぁ♥
ちゃるんっ

うんまぁ～～～♡♡
汁なし
タンタンメン風
トマトチーズ
THERE'S LOTS OF WAYS TO ARRANGE IT BUT
EATING IT JUST AS IT IS IS ALREADY SO DELICIOUS
……
じっ…
HAAAA! THAT WAS THE BEST!
かっかっ
ゴッゴッゴッ

AH!
ADD SOME HOT PIPING RICE
TO THE LEFTOVER SOUP
AND DIG IN!!
SUCH SPLENDID COMBINATION
IS PURE BLISS...!

ピチョン…
FUUU…
ピッ
I'M STUFFED…
ピッ
今話題のスーパーフードとは!?
EVEN THIS FAMOUS PERSON HERE IS ALSO TAKING THEM
CHIA SEED IS REAAAAAALLY GOOD!
ズームイン
チアシードの魅力とは・・・!?
GUESS I'LL PLAY SOME GAMES AND HEAD TO BED

RAW SION
RAWSION
!!
I ATE TOO MUCH YESTERDAY SO LET'S HAVE SOMETHING HEALTHY FOR BREAKFAST
LET'S SEE...
Chia Seeds Drink
朝食がわりにも!
スムージー
チアシードドリンク


THANK YOU VERY MUCH!
ありがとうございましたー!
I BOUGHT IT...
300円!?
I DIDN'T THOUGHT IT'D BE THIS EXPENSIVE
IT SEEMS LIKE THERE'S LOTS OF THEM FLOATING AROUND
ツブツブ入ってる…
LOOKS NAUSEATING...
気持ち悪い…
空気穴。
プスプスッ
HERE GOES NOTHING!!
はむっ

ぷち
!!?
ぷち
ぷち
IT'S NICE...
THE POPPING AND SMASHING OF THE SEEDS BRINGS A WHOLE NEW FEELING!!
IT'S MORTIFYING TO SAY BUT,
I LOVE IT
次回更新は 1月 5日(火)